

Name: _____

Period: _____

Fat or Cholesterol Display Board Assignment

Directions: You will be making a display board of one of the following fats or types of cholesterol. Sketch out your board on a piece of plain type paper first and check it off with the teacher.

- Fats
- Trans Fats
- Saturated Fats
- Unsaturated Fats
- Polyunsaturated Fats
- Monounsaturated Fats
- Cholesterol
- LDL Cholesterol
- HDL Cholesterol
- Hidden Fats in Food
- Cholesterol in Food

Your display board must include:

*Title

*Facts about the certain type of fat or cholesterol.

*Examples of foods that contain that specific type of fat or cholesterol.

*The information on your poster must be grammatically and factually correct.

*Visuals, like butter flavored shortening in a plastic bag or food labels, are great!

Title	/20 pts.
Facts	/20 pts.
Examples of Foods	/20 pts.
Info Accurate	/20 pts.
Visuals	/20 pts.
Total	/100 pts.